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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release SEPTEMBER 15, 1955

SHRIMP 'N RICE TO BE FEATURED IN OCTOBER

Shrimp 'n Rice--a nutritious and appetizing protein and carbohydrate combination--will be nationally featured during the September 29-October 8 Shrimp 'n Rice Fiesta which is being sponsored by the shrimp industry in cooperation with the rice industries, according to the Fish and Wildlife Service.

Not so many years ago it was only the "favored few" along the coastal waters, where shrimp were caught, who could brighten their menus with tasty shrimp. Today, as the result of modern fishing and marketing methods, shrimp are available in all parts of the country. Housewives everywhere now have the opportunity of using shrimp in a wide variety of dishes which can be served either hot or cold. One point that makes shrimp particularly attractive is the fact that they can be purchased fresh, frozen, canned, precooked and peeled, and in specialty packs.

For those persons who have the impression that shrimp can be used only in salads and cocktails, the home economists of the Fish and Wildlife Service recommend the following recipes featuring shrimp and rice:

CURRIED SHRIMP

3/4 pound cooked shrimp
1/4 cup chopped onion
3 tablespoons butter or other fat, melted
3 tablespoons flour
1 teaspoon salt

Dash pepper
1 teaspoon curry powder
1/4 teaspoon powdered ginger
2 cups milk
3 cups cooked rice

Cut large shrimp in half. Cook onion in butter until tender; blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add shrimp; heat. Serve with rice. Tasty garnishes are: coconut, chutney, and chopped peanuts. Serves 6.

SHRIMP CREOLE

1 1/2 pounds shrimp, fresh or frozen
1/4 cup chopped onion
1/4 cup chopped green pepper
1 clove garlic, finely chopped
1/4 cup butter or other fat, melted
3 tablespoons flour

1 teaspoon chili powder
Dash pepper
1 teaspoon salt
2 cups canned tomatoes
Rice ring

Peel shrimp, remove sand veins, and wash. Cut large shrimp in half. Cook onion, green pepper, and garlic in butter until tender; blend in flour and seasonings. Add tomatoes and cook until thick, stirring constantly. Add shrimp and simmer uncovered for about 20 minutes. Serve in a rice ring. Serves 6.

SHRIMP JAMBALAYA

3/4 pound cooked shrimp	1 teaspoon salt
1/4 cup chopped bacon	Dash cayenne
3 tablespoons chopped onion	Dash paprika
3 tablespoons chopped green pepper	1/2 teaspoon Worcestershire sauce
1 clove garlic, finely chopped	2 cups canned tomatoes
1 tablespoon flour	2 cups cooked rice

Cut large shrimp in half. Fry bacon until crisp. Add onion, green pepper, and garlic; cook until tender. Blend in flour and seasonings; add tomatoes and cook until thick, stirring constantly. Stir in rice and shrimp; heat. Serves 6.

TOMATOES STUFFED WITH SHRIMP AND RICE

3/4 pound cooked shrimp	1 egg, beaten
6 large tomatoes	1 teaspoon salt
1 teaspoon salt	Dash pepper
1 cup cooked rice	1 tablespoon butter or other fat, melted
1 cup grated cheese	1/2 cup dry bread crumbs

Cut large shrimp in half. Wash tomatoes. Remove stem ends and centers; sprinkle with salt. Combine rice, cheese, egg, seasonings, and shrimp. Place in tomatoes. Combine butter and crumbs; sprinkle over top of tomatoes. Place in a well-greased baking dish. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until tomatoes are tender. Serves 6.

NOTE TO EDITORS: The additional data is supplied for those writers who desire more background or filler material.

The United States catch of shrimp was 265 million pounds in 1954. Shrimp used for canning amounted to 54 million pounds, or 22 percent of the catch. The remaining 78 percent was marketed almost entirely as fresh and frozen shrimp.

Over 95 percent of the shrimp produced in the United States is landed in the South Atlantic and Gulf States, which include North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, and Texas. The balance of shrimp caught by United States fishermen is taken along the Pacific Coast, in California and Alaska.

The shrimp fishery is currently the most valuable fishery in the United States at the fishermen's level.

There are three principal varieties of shrimp: (1) white (*Penaeus setiferus*), (2) brown (*Penaeus aztecus*), and (3) pink (*Penaeus duorarum*).

About one-half of the shrimp are landed as they are caught, i.e., with their heads on, and the other half are headed (aboard vessel) and--in a few cases--frozen.

Shrimp are sold almost exclusively according to size, which is determined by the number of shrimp in a pound. The number of shrimp in a pound is generally spoken of as the "count." Counts begin at 15 and under, increasing in multiples of 5 up to 26 to 30, and thereafter in multiples of 10 through 60 and over.

On the wholesale market, fresh and frozen shrimp are sold by count, with the larger sizes bringing higher prices. Wholesale market counts generally used are in multiples of 5, up to 26 to 30, and in multiples of 10 after 31.

There is a price differential between the different varieties of shrimp with white shrimp bringing higher prices than brown or pink shrimp of comparable qualities. Under normal market conditions, when supply and demand are in equilibrium, there is a price differential of about five cents per pound between the various counts.

A good percentage of the processors that handle sizable quantities of shrimp use mechanical shrimp grading machines. This machine will do the work of 12 to 15 hand sorters. Grading machines are very efficient and are designed to handle all counts from the highest down to 15 and under.

Principal shrimp canning centers are located in Alabama, Mississippi, and Louisiana, where 90 percent of all canned shrimp is produced. During 1954 shrimp were canned in three plants in Alabama; 16 in Mississippi; 21 in Louisiana; and one plant each in North and South Carolina and Georgia. The combined production amounted to more than 934,000 standard cases, valued at over \$13,691,000 to the packers.

Shrimp used for canning is usually the small or mixed grades.

Nearly all canned shrimp is brine packed, commonly called "wet pack." Most of the "wet pack" shrimp is put up in five-ounce cans, although 4 $\frac{1}{2}$ -ounce cans are becoming more popular.

Shrimp are distributed in the United States by 1,500 wholesale firms and 170,000 retail stores.

Fresh shrimp is marketed in fresh fish markets or grocery stores having fresh fish departments and is generally sold loose by the pound.

Frozen raw shrimp is purchased in 8-ounce, 10-ounce, 12-ounce, 1-pound and 5-pound cartons. Sizes from one pound and under are classified as consumer packages. Five-pound packages are usually sold to restaurants, hotels, and larger institutions, hence the name "institutional package."

Grocery store chains usually have available several varieties of frozen shrimp in consumer size cartons in their frozen food cabinets. A description of the contents is printed on the outside of the package, usually stating whether the shrimp are cooked, raw, breaded or peeled and deveined.

Breaded shrimp are of two principal types: regular, peeled, breaded shrimp and fantail breaded shrimp.

Fantail shrimp are peeled, except for the last segment and tail, split, breaded and frozen.

Breaded shrimp are packaged in 10-ounce, 12-ounce, 2 $\frac{1}{2}$ -pound and 4-pound cartons, with the latter two sizes being primarily for institutional use. The greater part of breaded shrimp is frozen raw, although a limited quantity is precooked for use in establishments that serve "French fried shrimp."

A third style of frozen shrimp is precooked, peeled and deveined. It is packaged in 4-ounce, 10-ounce, 12-ounce, 2-pound, 3-pound, and 5-pound cartons, with the 3- and 5-pound cartons being known as institutional packages.